



The Senior Dog Wellness Checklist

Daily · Weekly · Monthly · Vet-Visit Prep

A free guide from Paw Pulses · pawpulses.com

YOUR DOG'S BASELINE

Name	
Breed	
Age	
Current weight	
Resting breaths/min (asleep)	
Vet name + phone	

Fill this in first. Every check that follows compares your dog against their own normal — not a chart.





A quick glance while you feed, walk, and pet them. You're not diagnosing anything — just noticing changes from their baseline early.

MOBILITY & BODY

- ☐ Walking with normal gait — no limp, no head bob
- ☐ Got up from the floor without struggle
- ☐ No new lumps when petting
- ☐ Coat looks shiny and full

EATING & DRINKING

- ☐ Finished last meal in reasonable time
- ☐ Water intake the usual amount
- ☐ No stomach noises or pacing

BATHROOM

- ☐ Stool looks normal in color and form
- ☐ Urinating the usual amount
- ☐ No accidents in the house

BEHAVIOR & ENERGY

- ☐ Greeted you normally
- ☐ Engaged with toy or activity
- ☐ No excessive panting or shaking
- ☐ Sleeping in usual spots and amounts





Single days lie — weeks don't. Once a week, look at the trend across the last seven days instead of any one moment.

TRENDS OVER THE WEEK

- ☐ Appetite steady all week — no more than one skipped meal
- ☐ Water intake steady — no unexplained increase
- ☐ Energy on walks consistent with last week
- ☐ Weight feels stable when you run hands over the ribs

MOVEMENT

- ☐ Still doing stairs and jumping into the car without hesitation
- ☐ Any stiffness after long rests works out within a few minutes
- ☐ Nails not clicking louder than usual — a change can mean a gait shift

QUIET CHECKS

- ☐ Count breaths for 30 seconds while they sleep, double it — under 30/min is typical
- ☐ Ran hands over the whole body — no new lumps or sore spots
- ☐ No new nighttime confusion (pacing, standing in corners)





A slower hands-on exam plus three deep checks: the slow-motion video, the weight check, and the joint flexion test.

BODY & COAT

- ☐ Coat: no new bumps, hot spots, or bald patches
- ☐ Skin: no redness or flaking on belly/armpits/ears
- ☐ Weight: ribs felt under thin layer of fat

MOUTH & SENSES

- ☐ Gums pink (not white/grey); no heavy tartar
- ☐ Teeth: no fractures, missing, or strong breath
- ☐ Eyes: clear, not cloudy/weepy/red-rimmed
- ☐ Ears: clean smell (not yeasty or foul)

DEEP CHECKS

- ☐ Film 30 seconds of slow-motion walking — compare with last month's video
- ☐ Weigh them and write the number on the cover page
- ☐ Slowly flex and extend each leg — no flinch, heat, or swelling

ROUTINE

- ☐ Heartworm prevention given on schedule
- ☐ Flea/tick prevention given on schedule





Vet visits are short and it's easy to blank on the details. Fill this in the night before and bring it with you.

Write down before you go

What changed, and when it started

Appetite, water, and bathroom — anything unusual lately

Current food, treats, and every supplement (even "natural" ones)

Questions you want answered (write them down — you will forget)

Bring with you

- ☐ This checklist, filled in
- ☐ Your slow-motion walking video (from the Monthly Deep Check)
- ☐ Medication list with doses
- ☐ A stool sample if the visit involves stomach issues (call ahead to confirm)

Red flags — call your vet within 24 hours

Vomiting more than once, refusing food for 24+ hours, blood in stool, sudden lethargy, dramatic increase in thirst, hard or distended abdomen, resting breathing over 40/min, or any sudden behavior change. Don't wait for the next scheduled visit. Trust your gut — you know your dog.

